

AMENDMENTS TO THE SPECIFICATION

Please amend the paragraph beginning on page 7, line 28, to read as follows:

As best shown in FIGURE 4, and described above, the trainer comprises a resistance generation unit 114 including a flywheel 194 rotatably coupled to the rear mounting assembly by the cylindrical shaft 176. The flywheel 194 is disposed between the chain and seat stays 123, 124 and 122 of the bicycle 110 (FIGURE 2) and includes a cylindrical hub 196 and an outer peripheral flange 198. The hub 196 includes a bore 200 of sufficient diameter to receive the cylindrical shaft 176 and extends outwardly in both directions. The rear sprocket 202 is coupled to the end of hub 196 on the side corresponding to the side of the chain ring 134 (FIGURE 2). The rear sprocket 202 is coupled to the hub 196 in a manner well known in the art to provide a freewheel connection so that the flywheel 194 may rotate independently of the rear sprocket 202. As discussed above, when the user rotates the pedals 136 of chain drive mechanism 116, the chain 118 transmits the pedals' rotation to the flywheel 194 via the rear sprocket 202. See FIGURE 2.

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